

2020 Full Heart Child Care Menu

Name: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
W E E K 1	<p>Breakfast: Pancakes w/ Syrup Organic Fresh Fruit</p> <p>Lunch : Fish Sticks Tater Tots w/ Ketchup Organic Carrots Pineapple</p> <p>Snack: Saltine Crackers and Cheese Cubes</p>	<p>Breakfast: Yogurt Parfait (organic yogurt, granola, organic fresh fruit)</p> <p>Lunch: Whole wheat penne and meatballs Organic Broccoli Organic Fresh Fruit</p> <p>Snack: Organic Cucumbers and Hummus</p>	<p>Breakfast: Whole Grain English Muffin w/ Jelly Bananas</p> <p>Lunch: Chicken Patty Mashed Potatoes Organic Peas Applesauce</p> <p>Snack: Cheese Crackers</p>	<p>Breakfast: French Toast Sticks Organic Fresh Fruit</p> <p>Lunch: Macaroni and Cheese Organic Mixed Vegetables Organic Fresh Fruit</p> <p>Snack: Organic Carrots and Ranch Dressing</p>	<p>Breakfast: Turkey Sausage Wheat Toast with Butter Organic Fresh Fruit</p> <p>Lunch: Vegetable Soup Saltine Crackers Organic Fresh Fruit</p> <p>Snack: Fruit and Grain Bar</p>
W E E K 2	<p>Breakfast: Wheat Bagels with Cream Cheese Organic Fresh Fruit</p> <p>Lunch: Meat Lasagna Dinner Roll Organic Mixed Vegetables Organic Fresh Fruit</p> <p>Snack: Organic Carrots and Ranch</p>	<p>Breakfast: Cereal with Organic Milk Bananas</p> <p>Lunch: Grilled Cheese Tomato Soup Organic Carrots Organic Fresh Fruit</p> <p>Snack: Animal Crackers</p>	<p>Breakfast: Muffin Variety Organic Fresh Fruit</p> <p>Lunch: Cheese Pizza Organic Green Beans Organic Fresh Fruit</p> <p>Snack: Pita Chips and Hummus</p>	<p>Breakfast: Oatmeal Organic Fresh Fruit</p> <p>Lunch: Chicken Nuggets w/ Ketchup Rice Organic Mixed Vegetables Organic Fresh Fruit</p> <p>Snack: Pretzels</p>	<p>Breakfast: Waffles w/ Syrup Bananas</p> <p>Lunch: Cheese Quesadilla Black Beans Organic Corn Pineapple</p> <p>Snack: Rice Cakes and Cream Cheese</p>
W E E K 3	<p>Breakfast: Yogurt Parfait (organic yogurt, granola, organic fresh fruit)</p> <p>Lunch: Whole wheat penne and meatballs Organic Broccoli Organic Fresh Fruit</p> <p>Snack: Organic Cucumbers and Hummus</p>	<p>Breakfast: Pancakes w/ Syrup Organic Fresh Fruit</p> <p>Lunch : Fish Sticks Tater Tots w/ Ketchup Organic Carrots Pineapple</p> <p>Snack: Saltine Crackers and Cheese Cubes</p>	<p>Breakfast: French Toast Sticks Organic Fresh Fruit</p> <p>Lunch: Macaroni and Cheese Organic Mixed Vegetables Organic Fresh Fruit</p> <p>Snack: Organic Carrots and Ranch Dressing</p>	<p>Breakfast: Turkey Sausage Wheat Toast with Butter Organic Fresh Fruit</p> <p>Lunch: Vegetable Soup Saltine Crackers Organic Fresh Fruit</p> <p>Snack: Fruit and Grain Bar</p>	<p>Breakfast: Whole Grain English Muffin w/ Jelly Bananas</p> <p>Lunch: Chicken Patty Mashed Potatoes Organic Peas Applesauce</p> <p>Snack: Cheese Crackers</p>
W E E K 4	<p>Breakfast: Cereal with Organic Milk Bananas</p> <p>Lunch: Grilled Cheese Tomato Soup Organic Carrots Organic Fresh Fruit</p> <p>Snack: Animal Crackers</p>	<p>Breakfast: Wheat Bagels with Cream Cheese Organic Fresh Fruit</p> <p>Lunch: Meat Lasagna Dinner Roll Organic Mixed Vegetables Organic Fresh Fruit</p> <p>Snack: Organic Carrots and Ranch</p>	<p>Breakfast: Oatmeal Organic Fresh Fruit</p> <p>Lunch: Chicken Nuggets w/ Ketchup Rice Organic Mixed Vegetables Organic Fresh Fruit</p> <p>Snack: Pretzels</p>	<p>Breakfast: Waffles w/ Syrup Bananas</p> <p>Lunch: Cheese Quesadilla Black Beans Organic Corn Organic Fresh Fruit</p> <p>Snack: Rice Cakes and Cream Cheese</p>	<p>Breakfast: Muffin Variety Organic Fresh Fruit</p> <p>Lunch: Cheese Pizza Organic Green Beans Organic Fresh Fruit</p> <p>Snack: Pita Chips and Hummus</p>

Please let your child's teacher or Center Director know if your child has any allergies or dietary restrictions.
 Children under 24 months will be served Organic Vitamin D Whole Milk for breakfast and lunch.
 Children over 24 months will be served Organic 1% Milk for breakfast and lunch.
 Water is served throughout the day and for afternoon snack.
 Full Heart Child Care Serves Funfetti cake and frosting for birthdays and special events.
 This menu has been reviewed and approved by a Registered Dietitian.

My child can have everything on this menu: _____
 My child cannot have items on this menu: _____
 (please attach notes or highlight this menu to signify changes)

Parent Signature: _____
 Date: _____